



PTA Newsletter Article

Keep Walking – Even in Winter

Winter is hard on Utah air with cold air inversions around the state trapping in smog. That's why it's more important than ever during winter months to lessen our driving around the school and keep the air clean.

Encouraging your children to walk and bike to school is not only healthier for them, but lessens traffic around the school leading to fewer pedestrian/vehicle incidents. You can help keep your student safe by making them aware of winter hazards and encouraging them to respect those conditions.

Students can be safe when walking and biking to school this winter by doing the following:

- Follow the school's safe routes map (contact the school for your copy).
- Wear bright or reflective clothes so you can be seen in the dark.
- Dress in layers and wear boots with nonskid soles.
- If you have a dark coat, add a brightly colored scarf or hat or reflective gear.
- Slow down. Wear gloves to avoid putting your hands in your pockets as they can protect you if you slip and fall.
- Follow the safest routes on your school's SNAP map.
- Walk with a buddy or group.
- Walk on sidewalks if possible. If sidewalks are covered in snow and ice and you must walk in the street, walk against the flow of traffic and as close to the curb as you can.
- Look left, then right, then left again when crossing a street.
- Cross only at crosswalks.
- Before you step off the curb into the street, make sure that any approaching vehicles have come to a complete stop where there may be ice and snow.

Ideas from UDOT's Student Neighborhood Access Program (SNAP)[™] to encourage your child to walk and bike are available at www.udot.utah.gov/SNAPParents.